

Dental



- ☐ Brush teeth with a child's soft toothbrush after each meal. Use a small, jiggling motion with the bristles angled to the gums. Use a small amount of fluoride toothpaste. Do not let your child eat it.
- ☐ Your child still needs help brushing teeth. Do not leave your child alone with a toothbrush. Floss your child's teeth daily.
- ☐ Baby teeth are important. Children need them to speak clearly and chew well. Baby teeth help save room for the permanent teeth to come in properly.
- ☐ Show good dental health habits by daily brushing and flossing your own teeth.
- ☐ Help your child give up pacifier and thumbsucking.
- ☐ Take your child to see a dentist, then make yearly dental appointments. Ask about fluoride for your child's teeth.
- ☐ Limit sweets to prevent dental cavities.
- ☐ Store fluoride and toothpaste out of your child's reach.

Nutrition

- ☐ Make meals a happy family time. You decide when and what your child eats. Your child decides whether to eat and how much.
- ☐ Do not bribe, punish or reward with food.
- ☐ Limit "fast foods."
- ☐ Offer 3 meals and 2-3 snacks daily. Give a variety of table foods with:
 - 5-9 small servings of vegetables or fruits
 - 7-11 small servings of breads, cereals, or grains
 - 2 cups of 1% or 2% milk
 - 2 servings of protein foods, like lean meats, poultry, fish, eggs, dried beans, peas (legumes), or tofu
- ☐ Give water when thirsty.
- ☐ Limit fruit juice, punch, soda pop and other sweet drinks.



3 Years

Growing Up Healthy



Name: _____

Height: _____ Weight: _____

Today's Date: _____

Next Appointment:

Date: _____ Time: _____

Keep emergency numbers handy:



Police, fire, ambulance: Call 911

Poison Control Number: 1-800-876-4766

- Learn Child CPR
- Put smoke alarms in hallways and every bedroom, check every 6 months.
- Have a carbon monoxide alarm.



Health and Safety

- ❑ Never leave your child alone in the tub, pool or near a toilet or bucket of water. Teach your child water safety and how to swim.
- ❑ Use stair gates and window guards.
- ❑ Keep small objects, unsafe toys, items with sharp edges, balloons and plastic bags away from your child.
- ❑ Put a helmet on your child for bike rides.
- ❑ Use electrical safety plugs. Keep electrical cords, curling irons, irons, hot liquids, open flames, pot handles out of reach.
- ❑ Turn water heater to less than 120°. Lock up matches.
- ❑ Keep your child away from loud noises.
- ❑ Label and lock up all harmful things, like soaps, cleaning solutions, lye, liquor, vitamins, iron pills, medicines, and poisons.
- ❑ Buckle your child in a car seat for every ride.
- ❑ Never put your children in the front seat if there is an airbag.

Parenting Tips

Show your child lots of love, affection and attention. Be patient. Give praise.

What to Expect

- ❑ Your child may be able to:
 - Get dressed without help.
 - Jump in place.
 - Pedal a tricycle.
 - Begin to draw.
 - Speak in sentences and be understood by others outside the family.
 - Know his or her own name, age and sex.
 - Talk about fears.

What You Can Do

- ❑ Help your child learn to share.
- ❑ Play, talk, sing and read stories to your child daily.
- ❑ Let your child explore, try new things, talk about play and use crayons.
- ❑ Encourage active play with blocks, simple puzzles, and outside play.
- ❑ Arrange special time alone with your child.
- ❑ Let your child pick up his or her own toys and clothes.
- ❑ Answer your child's questions honestly and in a simple way. Children are very curious about the difference between boys and girls and where babies come from.
- ❑ Limit TV watching.

If you find yourself about to hit, shake or harm your child, call a "Hot Line" or a friend for help.

3 Years

Health and Safety

- ❑ Take your child for regular health exams and vaccines (shots).
- ❑ Watch your child run, climb, swing, jump, play with a ball, and play in the sand. Let your child play outside and inside.
- ❑ Let your child play with other children.
- ❑ Keep your child's skin, hair, body, and clothes clean. Wash bed sheets at least weekly.
- ❑ Have your child wash hands before eating and after using the toilet.
- ❑ Keep your child away from tobacco smoke. Stop all tobacco use.
- ❑ Hold your child's hand near traffic.
- ❑ Take your child for a blood lead test.

